

FALL 2006



All aboard for fun & fitness!

See Page 22
for EARLY Mail-in
Registration Info

WHAT'S INSIDE:

10 Creative Kids

Ignite a child's imagination & let their creativity take shape through ABRAKADOODLE.

14 Have a Ball!

Skyhawks' soccer and basketball programs will have kids kicking & shooting for joy.

17 New Program Highlight

"Latin Cardio" combines fitness & Latin dance for a hip shaking, fun workout!

19 Inaugural Adult Kickball League

Relive the glory days of the playground with your friends!



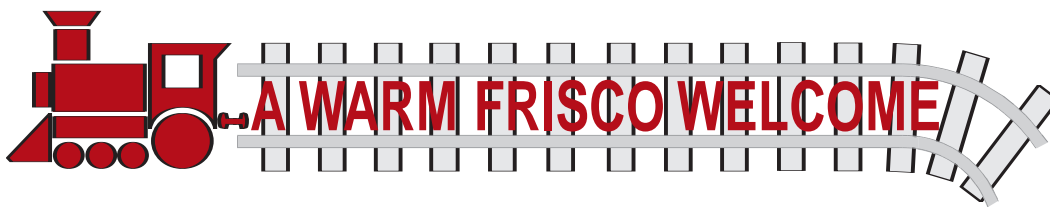
WALK-IN

REGISTRATION STARTS

August 19, 8:00am - 3:00pm

FriscoFun.org





NEW EVENT!!!

Frisco's Frosty 5K



*Looking for a way to warm up this winter?
Join Frosty and Friends for the Inaugural Frisco's Frosty 5K!
The run will begin and end at the new City Hall at Frisco Square.*

Look for event details at www.FriscoFun.org.

Register at Alumni Hall Fitness Center

or online at www.sportspilot.com.

Registration Dates: October 9 – November 24 (will receive a race t-shirt)

Late Registration: November 25 – December 1 (may not receive t-shirt)

Date: Saturday, December 9

Run Time: 8:00am

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ON THE COVER



A young boy is "hanging out" at the park on a Fall day.

HELPFUL INFORMATION

City of Frisco Information:

- Alumni Hall Fitness Center
City Classes & Registration Information
9700 Wade Blvd.
972-377-1752
- Parks & Recreation
Administrative Offices
Rentals & Reservations
6726 Walnut Street
972-335-5517
- Senior Center at Frisco Square:
6670 Moore Street
972-335-5515
- Athletics Rain Out Hotline:
972-377-RAIN
- Frisco City Hall:
6891 Main Street
972-335-5555
- Frisco Youth Center Bldg.
7775 Camillia Lane
- Frisco Community Center
6891 Oak Street
- Superdome in Frisco
9700 Wade Blvd.

Partners In Recreation:

- Building Images Studios
2301 Ohio Drive #105
Plano, Texas
972-964-7733
- Frisco Dance Force
3221 Preston Road #3
972-712-6829
- Frisco Gymnastics Center
7210 Meadow Hill Drive
972-377-3137
- Ice at Stonebriar Centre
2601 Preston Road #1235
972-731-9600
- Lakes Tennis Academy
4000 Legacy Drive
972-668-LAKE
- Music Conservatory of Texas
9255 Preston Road
972-377-5977
- Plantation Golf Course
4701 Plantation Lane
972-335-4653
- Sheena's Dance Academy
7975 Stonebrook Parkway
972-712-1100

CITY ADMINISTRATIVE STAFF

City Manager
George Purefoy
Deputy City Manager
Henry J. Hill
Assistant City Manager
Jason Gray
City Secretary
Nan Parker

PARKS & RECREATION STAFF

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Rick Wieland
Department Receptionist
Paulette Powell
Superintendents
Bobby Johnson, Parks
Marcy Jones, Recreation
Dudley Raymond, CIP & Planning
Steve Walsh, Facilities & Operations
Park Supervisors
Eddie Camacho
Bill Straw
Senior Center Supervisor
Judy Florence
Recreation Center Coordinators
Jami Jensen, Alumni Hall
Joel Schuh, Alumni Hall
Recreation Programmers
Ashley Blanchard, Special Events
Stephanie Darimont, Aquatics
Patton Gleason, Leisure Programs
Scot McCollum, Athletics
Leslie Penland, Senior Center
Recreation Leaders
Jennifer Frazier, Alumni Hall
Senior Center Van Drivers
Oscar Joseph
Recreation Aides
Ashley Adams, Alumni Hall
Linda Drake, Senior Center
Charles Gorman, Alumni Hall
Jamie Hartwell, Alumni Hall
April Morey, Senior Center
Terry Richter, Senior Center

CITY COUNCIL

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Joy West, Deputy Mayor Pro Tem
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Tony Felker, Council Member
Dr. Jim Joyner, Council Member
Matt Lafata, Council Member

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Rebecca King, Secretary
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Richard Kaeufer, Board Member
Keith Shipman, Board Member

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ALUMNI HALL FITNESS CENTER

The Alumni Hall Fitness Center is located on the campus of Collin County Community College District and is a joint partnership between the City of Frisco and CCCCD. The facility includes a natatorium, gymnasium, fitness and weight training room, dance studio, outdoor running track, and locker room facilities.

ADDRESS & CONTACT INFORMATION

Address: 9700 Wade Boulevard, Frisco, TX 75035
Phone: 972-377-1752

MEMBERSHIP RATES

Memberships may be purchased on a month-to-month basis or tri-annually (four months) at the fitness center reception desk. There will be a \$2 ID fee for first-time members ages 12 and up.

	Frisco Residents	
	<u>Monthly</u>	<u>Tri-Annual</u>
Individual	\$10	\$30
Family	\$20	\$75
Child (under 12)	\$5	\$15
Day Use Fee	\$2	
	Non-Residents	
	<u>Monthly</u>	<u>Tri-Annual</u>
Individual	\$15	\$50
Family	\$25	\$90
Child (under 12)	\$10	\$25
Day Use Fee	\$3	

HOURS OF OPERATION

Please call the Alumni Hall Fitness Center at 972-377-1758 for updated hours of operation.

ALUMNI HALL CLOSINGS

August 16
September 4
November 22-26
December 22 - January 1

EMPLOYMENT & VOLUNTEER OPPORTUNITIES

- **Class Instructors:** Please call 972-335-5517
- **Lifeguards, Swim & Water Aerobic Instructors:** Please visit the city's website at www.friscotexas.gov for current employment/contract opportunities or call 972-377-1752.
- **Volunteer Opportunities:** please call 972-335-5555 ext. 192.

SENIOR CENTER AT FRISCO SQUARE

The Senior Center at Frisco Square is a state-of-the-art facility dedicated to the needs of the city's growing senior population. The first phase, approximately 10,000 square feet, opened in January 2004.

The Senior Center is located in the heart of the Frisco Square Development on the southeast corner of the Dallas North Tollway and Main Street.

Directions from the Dallas North Tollway:

Cotton Gin Road is approximately one-half mile south of Main Street. Turn east on Cotton Gin Road, turn north on Library Street, turn east and the Senior Center is located on the corner of Moore and Ash Streets.

Directions from Downtown Frisco:

Travel west on Main Street and turn south on John Elliot Drive (located just west of the railroad tracks). Turn east on Elm Street. Turn south on Railroad Way.

ADDRESS & CONTACT INFORMATION

Address: 6670 Moore Street, Frisco, Texas 75034
Phone: 972-335-5515

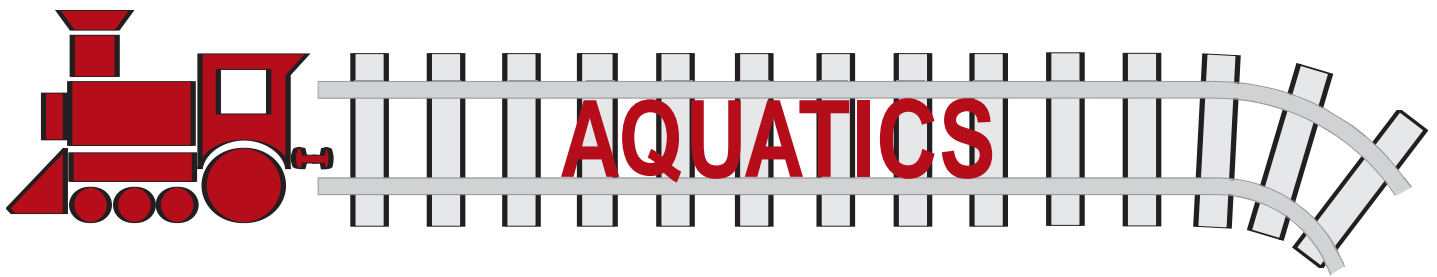
HOURS OF OPERATION

Monday – Friday: 8:00am – 5:00pm
Thursday: 8:00am – 9:00pm
Saturday: 9:00am – 1:00 pm & 4:30 – 8:30pm
Sunday: Closed

GENERAL INFORMATION

The Senior Center at Frisco Square is open to anyone 50+ and their spouse (regardless of age). A non-resident annual participation fee of \$24 is charged for those living outside the City of Frisco and the Frisco Independent School District boundaries. The Senior Center at Frisco Square is fully handicap-accessible. For information on activities, classes, trips, and special events, pick up a monthly newsletter at the Senior Center, Library, City Hall, Alumni Hall Fitness Center, and the Chamber of Commerce or online at www.friscotexas.gov (Departments—Parks and Recreation—Senior Adults).

Information on Senior Living activities, classes, trips and special events may be found online at www.frisco-texas.gov or by calling 972-335-5515. You may also pick up a monthly newsletter at the Senior Center, Library, City Hall or the Chamber of Commerce.



LEARN TO SWIM

The City of Frisco offers American Red Cross (ARC) Learn to Swim classes. Classes are held Monday and Wednesday evenings for four weeks or Saturday mornings for four weeks. All classes are held at Alumni Hall Fitness Center. Age restrictions for all Learn to Swim classes will be enforced.

PARENT & CHILD BEGINNER

Ages 6 months – 3 years. The foundation of the ARC Parent and Child Beginner class is a set of basic skills that prepares young children to become comfortable in the water. These basic skills include water adjustment, increased confidence and coordination, showing comfort while maintaining a front and back position in the water, and demonstrating breath control. A responsible adult is required to participate with the child.

M/W	5:00 – 5:35pm	Fee
9/11 – 10/04	2001.11	\$55
10/09 – 11/01	2001.21	\$55
11/06 – 12/06	2001.31	\$55

Sa	9:00 – 9:35am	Fee
9/16 – 10/07	2001.44	\$30
10/14 – 11/04	2001.54	\$30
11/11 – 12/09	2001.64	\$30

PARENT & CHILD ADVANCED

Ages 18 months – 3 years. The foundation of ARC Parent and Child Advanced class is a set of basic skills that prepares young children to become comfortable in the water. This class will expand on the Parent and Child Beginner class including new techniques and water safety education. A responsible adult is required to participate with the child.

M/W	5:45 – 6:20pm	Fee
9/11 – 10/04	2008.12	\$55
10/09 – 11/01	2008.22	\$55
11/06 – 12/06	2008.32	\$55

Sa	9:40 – 10:15am	Fee
9/16 – 10/07	2008.45	\$30
10/14 – 11/04	2008.55	\$30
11/11 – 12/09	2008.65	\$30

PRESCHOOL

Ages 3 – 5 years. The Preschool Learn to Swim class will teach the fundamentals of water safety, buoyancy, breath control, swimming on front and back, changing directions, and water entry and exit. This class will be divided into three separate groups (beginner, intermediate, and advanced) on the first day.

M/W	5:00 – 5:35pm	5:45 – 6:20pm	6:30 – 7:05pm	Fee
9/11 – 10/04	2000.11	2000.12	2000.13	\$55
10/09 – 11/01	2000.21	2000.22	2000.23	\$55
11/06 – 12/06	2000.31	2000.32	2000.33	\$55

Sa	9:00 – 9:35am	9:40 – 10:15am	10:20 – 10:55am	Fee
9/16 – 10/07	2000.44	2000.45	2000.46	\$30
10/14 – 11/04	2000.54	2000.55	2000.56	\$30
11/11 – 12/09	2000.64	2000.65	2000.66	\$30

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

Ages 6 – 12 years. The objective of Level 2 is for students to propel themselves on their front and back using coordinated arm and leg action. They will also learn to float without support and to recover to a vertical position. Treading water and bobbing are also introduced in this level.

M/W	5:00 – 5:35pm	6:30 – 7:05pm	Fee
9/11 – 10/04	2002.11	2002.13	\$55
10/09 – 11/01	2002.21	2002.23	\$55
11/06 – 12/06	2002.31	2002.33	\$55

Sa	9:00 – 9:35am	10:20 – 10:55am	Fee
9/16 – 10/07	2002.44	2002.46	\$30
10/14 – 11/04	2002.54	2002.56	\$30
11/11 – 12/09	2002.64	2002.66	\$30



LEVEL 3: STROKE DEVELOPMENT

Ages 6 – 12 years. The objective of Level 3 is to continue improvement on front and back crawl and to introduce the dolphin kick, diving skills, rotary breathing, and personal water safety.

M/ W	5:00 – 5:35pm	6:30 – 7:05pm	Fee
9/11 – 10/04	2003.11	2003.13	\$55
10/09 – 11/01	2003.21	2003.23	\$55
11/06 – 12/06	2003.31	2003.33	\$55

Sa	9:00 – 9:35am	10:20 – 10:55am	Fee
9/16 – 10/07	2003.44	2003.46	\$30
10/14 – 11/04	2003.54	2003.56	\$30
11/11 – 12/09	2003.64	2003.66	\$30

LEVEL 4: STROKE IMPROVEMENT

Ages 6 – 12 years. The objective of Level 4 is to continue improvement on front and back crawl, elementary backstroke, and diving skills. This level will introduce breaststroke, butterfly, the scissor kick, and personal water safety.

M/ W	6:30 – 7:05pm	Fee
9/11 – 10/04	2004.13	\$55
10/09 – 11/01	2004.23	\$55
11/06 – 12/06	2004.33	\$55

Sa	10:20 – 10:55am	Fee
9/16 – 10/07	2004.46	\$30
10/14 – 11/04	2004.56	\$30
11/11 – 12/09	2004.66	\$30

LEVEL 5: STROKE REFINEMENT

Ages 6 – 12 years. The objective of Level 5 is to continue improvement on front and back crawl, elementary backstroke, and diving skills. This level will introduce breaststroke, butterfly, sidestroke, and personal water safety.

M/ W	5:45 – 6:20pm	Fee
9/11 – 10/04	2005.12	\$55
10/09 – 11/01	2005.22	\$55
11/06 – 12/06	2005.32	\$55

Sa	9:40 – 10:15am	Fee
9/16 – 10/07	2005.45	\$30
10/14 – 11/04	2005.55	\$30
11/11 – 12/09	2005.65	\$30

ADULT BEGINNER

Ages 13+ years. Students will be taught rhythmic breathing, front crawl, back crawl, elementary backstroke, and breaststroke.

M/ W	6:30 – 7:05pm	Fee
9/11 – 10/04	2007.13	\$55
10/09 – 11/01	2007.23	\$55
11/06 – 12/06	2007.33	\$55

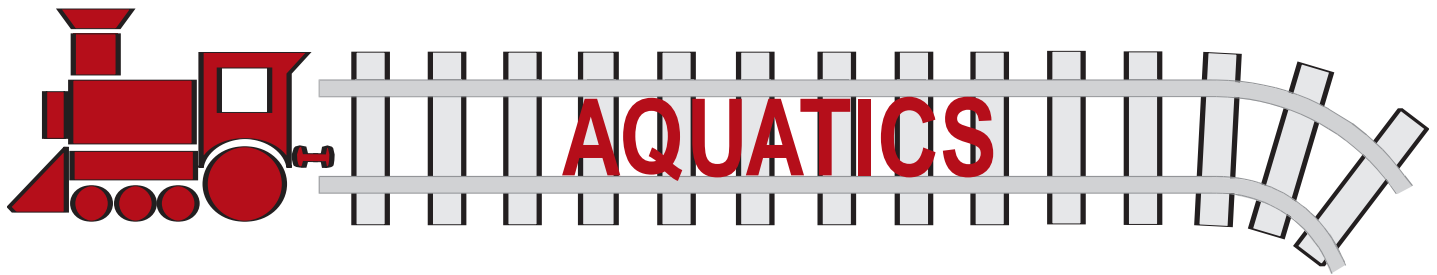
Sa	10:20 – 10:55am	Fee
9/16 – 10/07	2007.46	\$30
10/14 – 11/04	2007.56	\$30
11/11 – 12/09	2007.66	\$30

ADULT CONDITIONING

Ages 13+ years. The objective of adult conditioning is to continue to work on front crawl, back crawl, breaststroke, and butterfly swimming skills. This class will work on endurance and stroke refinement.

M/ W	5:45 – 6:20pm	Fee
9/11 – 10/04	2011.12	\$55
10/09 – 11/01	2011.22	\$55
11/06 – 12/06	2011.32	\$55

Sa	9:40 – 10:15am	Fee
9/16 – 10/07	2011.45	\$30
10/14 – 11/04	2011.55	\$30
11/11 – 12/09	2011.65	\$30



RED CROSS CERTIFICATIONS AND AQUATIC PROGRAMS

WATER SAFETY INSTRUCTOR (WSI) COURSE

The purpose of the American Red Cross Water Safety Instructor course is to train instructor candidates to teach Swimming and Water Safety Program Courses. These include Basic Water Rescue, six levels of Learn to Swim, and Parent and Child Aquatics.

Code	Days	Dates	Ages
2010.11	M/W/F/Sa	11/27 – 12/09	16+
Fee:	\$175		
Times:	M/W/F classes meet from 5:30 – 9:30pm Saturday classes meet from 9:00am – 2:00pm		
Location:	Alumni Hall Fitness Center		

AMERICAN RED CROSS LIFEGUARD TRAINING COURSE

This course teaches candidates the skills and knowledge needed to prevent and respond to aquatic emergencies. The course content and activities prepare candidates to recognize and respond quickly and effectively to emergencies, and to prevent drowning and injuries. Prerequisite swim and skill test will occur the first day of class. Certifications issued: Lifeguard Training and First Aid, CPR for the Professional Rescuer.

Code	Days	Dates	Ages
2009.11	M/W/F/Sa	9/18 – 9/30	15+
2009.21	M/W/F/Sa	11/13 – 11/27	15+
2009.31	M/W/F/Sa	12/08 – 12/20	15+
Fee:	\$175		
Times:	M/W/F classes meet from 5:00 – 9:00pm Saturday classes meet from 9:00am – 3:00pm		
Location:	Alumni Hall Fitness Center		

AMERICAN RED CROSS LIFEGUARD RECERTIFICATION/CHALLENGE COURSE

The purpose of this recertification/challenge course is to give individuals the opportunity to demonstrate knowledge and skill competency outside a formal class setting. Certifications issued: Lifeguard Training and First Aid, CPR for the Professional Rescuer.

Code	Days	Dates	Times	Ages
2009.12	Sa	9/30	9:00am – 3:00pm	16+
2009.22	Sa	11/04	9:00am – 3:00pm	16+
Fee:	\$75			
Location:	Alumni Hall Fitness Center			

AMERICAN RED CROSS CPR FOR THE PROFESSIONAL RESCUER RECERTIFICATION/CHALLENGE COURSE

The purpose of this recertification/challenge course is to give individuals the opportunity to demonstrate knowledge and skill competency outside a formal class setting. Certifications issued: CPR for the Professional Rescuer.

Code	Days	Dates	Times	Ages
2009.13	Sa	9/30	1:00 – 3:00pm	16+
2009.23	Sa	11/04	1:00 – 3:00pm	16+
Fee:	\$25			
Location:	Alumni Hall Fitness Center			

WATER AEROBICS

SHALLOW WATER AEROBICS

This class provides a balanced workout including all the components of fitness-aerobic training. This class improves range of motion and is ideal for individuals recovering from an injury or surgery. Participants must be at least 18 years of age.

Code	Days	Dates	Times	Fee
2600.12	M/W	9/06 – 10/16	7:00 – 7:45pm	\$40
2600.13	Tu/Th	9/05 – 10/12	10:20 – 11:05am	\$40
2600.22	M/W	10/18 – 11/29	7:00 – 7:45pm	\$40
2600.23	Tu/Th	10/17 – 11/28	10:20 – 11:05am	\$40
2600.32	M/W	12/04 – 12/20	7:00 – 7:45pm	\$20
2600.33	Tu/Th	11/30 – 12/21	10:20 – 11:05am	\$23

Location: Alumni Hall Fitness Center

Note: No class 9/04, 11/22 – 11/26, 12/22 – 1/01.

DEEP WATER AEROBICS

Deep-water fitness offers a great challenge for the cardiovascular and muscular systems and incorporates strength training, interval and circuit training, as well as improved muscle strength, toning, and body composition. Participants must be at least 18 years of age.

Code	Days	Dates	Times	Fee
2610.11	M/W	9/06 – 10/16	6:15 – 7:00pm	\$40
2610.12	M/W	9/06 – 10/16	7:00 – 7:45pm	\$40
2610.13	Tu/Th	9/05 – 10/12	10:00 – 10:45am	\$40
2610.21	M/W	10/18 – 11/29	6:15 – 7:00pm	\$40
2610.22	M/W	10/18 – 11/29	7:00 – 7:45pm	\$40
2610.23	Tu/Th	10/17 – 11/28	10:00 – 10:45am	\$40
2610.31	M/W	12/04 – 12/20	6:15 – 7:00pm	\$20
2610.32	M/W	12/04 – 12/20	7:00 – 7:45pm	\$20
2610.33	Tu/Th	11/30 – 12/21	10:00 – 10:45am	\$23

Location: Alumni Hall Fitness Center

Note: No class 9/04, 11/22 – 11/26, 12/22 – 1/01.

DEEP WATER AEROBICS AT FRISCO ISD NATATORIUM

Deep-water fitness offers a great challenge for the cardiovascular and muscular systems. It incorporates strength training, interval and circuit training, as well as muscle strength, toning, and body composition. Participants must be at least 18 years of age.

Code	Days	Dates	Times	Fee
2620.11	M/W/F	9/06 – 10/18	9:30 – 10:15am	\$55
2620.12	M/W/F	9/06 – 10/18	10:30 – 11:15am	\$55
2620.21	M/W/F	10/20 – 12/06	9:30 – 10:15am	\$55
2620.22	M/W/F	10/20 – 12/06	10:30 – 11:15am	\$55

Location: Frisco ISD Natatorium

Note: No class 10/02, 11/17, 11/22, 11/24.

YOUTH PROGRAMS



SHEENA'S DANCE ACADEMY

To receive the highest level of instruction and minimize distractions, parents, siblings, and other visitors will be asked to wait outside the classroom during classes. Relatives are encouraged to attend their child's class the last week of the session on Visitation Day.

DELICATE DANCERS

Little dancers will enjoy this tap and ballet class. Dancers develop rhythmic ability and coordination during tap, while learning beginning basics of classical ballet. Dance helps children develop imagination, body sense, and the ability to relate to music.

Code	Days	Dates	Times	Ages
1302.01	M	9/18 – 10/23	3:15 – 4:00pm	2 ^{1/2} – 4
1302.02	Tu	9/19 – 10/24	4:00 – 4:45pm	2 ^{1/2} – 4
1302.03	W	9/20 – 10/25	11:00 – 11:45am	2 ^{1/2} – 4
1302.04	W	9/20 – 10/25	3:15 – 4:00pm	2 ^{1/2} – 4
1302.05	Th	9/21 – 10/26	10:15 – 11:00am	2 ^{1/2} – 4
1302.06	Sa	9/23 – 10/28	11:00 – 11:45am	2 ^{1/2} – 4

Fee: \$52

Location: Sheena's Dance Academy

Attire: Any color leotard, tights, black tap shoes and pink leather ballet shoes

FLIP, FLOP AND ROLL

Both boys and girls alike will enjoy this fun-filled class that helps children develop flexibility, body control, and coordination while they learn basic tumbling and acrobatic skills.

Code	Days	Dates	Times	Ages
2501.01	M	9/18 – 10/23	3:15 – 4:00pm	3 – 4
2501.02	Tu	9/19 – 10/24	3:15 – 4:00pm	3 – 4
2501.03	Th	9/21 – 10/26	11:00 – 11:45am	3 – 4

Fee: \$52

Location: Sheena's Dance Academy

RAINBOW DANCERS

This class explores a rainbow of dancing styles! Children will learn tap and ballet basics, improving dancers' poise, posture and self-confidence. High-energy jazz focuses on the stylized basics.

Code	Days	Dates	Times	Ages
1300.01	W	9/20 – 10/25	4:00 – 4:45pm	5 – 7

Fee: \$52

Location: Sheena's Dance Academy

Attire: Any color leotard, tights, black tap and pink leather ballet shoes

DRILL TEAM PREP

Perfect for junior high and high school drill team hopefuls. This class concentrates on drill team fundamentals necessary for those interested in becoming a member of their high school drill team.

Code	Days	Dates	Times	Ages
1311.01	M	9/18 – 10/23	7:30 – 8:15pm	11 – 16

Fee: \$52

Location: Sheena's Dance Academy

FUNKY HIP-HOP

Learn the "funky" form of street dance, often featured in music videos. Dancers benefit from the coordination, strength, quickness, and endurance acquired from our hip-hop classes. Boys and girls welcome.

Code	Days	Dates	Times	Ages
1301.01	M	9/18 – 10/23	4:45 – 5:30pm	5 – 7
1301.02	Tu	9/19 – 10/24	4:45 – 5:30pm	7 – 9
1301.03	Tu	9/19 – 10/24	5:30 – 6:15pm	10 – 12
1301.04	W	9/20 – 10/25	4:00 – 4:45pm	5 – 7
1301.05	W	9/20 – 10/25	6:30 – 7:15pm	13 – 16

Fee: \$52

Location: Sheena's Dance Academy

Attire: Comfortable athletic wear and jazz shoes

MUSICAL THEATRE

A unique class using creative expression as a form of dance. A combination of acting and dance combine to form this truly American art form.

Code	Days	Dates	Times	Ages
1303.01	Tu	9/19 – 10/24	4:45 – 5:30pm	8 – 12

Fee: \$52

Location: Sheena's Dance Academy

Attire: Black jazz shoes, leotard and tights (female), sweat pants and solid color t-shirt (males)

"BOYZ" FUNKY HIP-HOP

"Boyz" will benefit from the coordination, strength, quickness, and endurance acquired from our hip-hop classes while learning the latest hip dance moves. Sorry girls, this one is just for the boys!

Code	Days	Dates	Times	Ages
1304.01	M	9/18 – 10/23	4:00 – 4:45pm	6 – 9
1304.02	W	9/20 – 10/25	7:15 – 8:00pm	14 – 16
1304.03	Th	9/21 – 10/26	6:15 – 7:00pm	10 – 13

Fee: \$52

Location: Sheena's Dance Academy

Attire: Comfortable athletic wear and jazz shoes

SNAZZY N JAZZY

Get energized in our fun, upbeat jazz class. Concentrating on basic jazz technique – flexibility, coordination, control, turns, leaps, progressions, isolations and much more!

Code	Days	Dates	Times	Ages
1305.01	W	9/20 – 10/25	6:30 – 7:15pm	9 – 11
1305.02	Th	9/21 – 10/26	5:30 – 6:15pm	5 – 8
1305.03	Th	9/21 – 10/26	6:15 – 7:00pm	12 – 14

Fee: \$52

Location: Sheena's Dance Academy

Attire: Black jazz shoes, any color leotard and tights/jazz pants (females), sweat pants and solid color t-shirt (males)



BUDDING BALLERINAS

Perfect class and starting point for those interested in learning dance. Classical ballet is the foundation of all dance forms.

Code	Days	Dates	Times	Ages
1306.01	M	9/18 – 10/23	4:00 – 4:45pm	5 – 7
1306.02	M	9/18 – 10/23	4:45 – 5:30pm	8 – 10
1306.03	M	9/18 – 10/23	7:00 – 7:45pm	11 – 13
1306.04	Tu	9/19 – 10/24	4:00 – 4:45pm	5 – 7
Fee:	\$52			
Location:	Sheena's Dance Academy			
Attire:	Leotard, tights, pink leather ballet shoes, ballet skirt (optional)			

FRISCO GYMNASTICS CENTER

PRESCHOOL GYMNASTICS

Preschool Developmental Gymnastics classes include an obstacle course, preschool size bars, balance beams, vault and trampolines.

Code	Days	Dates	Times	Ages
2200.01	M	8/14 – 10/02	3:30 – 4:15pm	3 – 4
2200.02	M	8/14 – 10/02	4:30 – 5:15pm	3 – 4
2200.03	M	8/14 – 10/02	4:30 – 5:15pm	5 – 6
2200.04	M	8/14 – 10/02	5:30 – 6:15pm	3 – 4
2200.05	M	8/14 – 10/02	5:30 – 6:15pm	5 – 6
2200.06	Tu	8/15 – 10/03	9:30 – 10:15am	3 – 4
2200.07	Tu	8/15 – 10/03	10:30 – 11:15am	3 – 4
2200.08	Tu	8/15 – 10/03	10:30 – 11:15am	5 – 6
2200.11	M	10/09 – 11/28	3:30 – 4:15pm	3 – 4
2200.12	M	10/09 – 11/28	4:30 – 5:15pm	3 – 4
2200.13	M	10/09 – 11/28	4:30 – 5:15pm	5 – 6
2200.14	M	10/09 – 11/28	5:30 – 6:15pm	3 – 4
2200.15	M	10/09 – 11/28	5:30 – 6:15pm	5 – 6
2200.16	Tu	10/10 – 11/29	9:30 – 10:15am	3 – 4
2200.17	Tu	10/10 – 11/29	10:30 – 11:15am	3 – 4
2200.18	Tu	10/10 – 11/29	10:30 – 11:15am	5 – 6
Fee:	\$130			
Location:	Frisco Gymnastics Center			
Attire:	Requested attire includes leotards for girls and shorts and t-shirt for boys.			

PARENT AND TOT, FUN AND FIT

You and your child will have a delightful time together exploring and playing in the gym! Class includes movement and music time, playing on the tumbling obstacle course, bouncing on a trampoline, swinging on the bars and walking on the balance beam.

Code	Days	Dates	Times	Ages
2203.01	M	8/14 – 10/02	3:30 – 4:15pm	18mo – 3yrs
2203.02	M	8/14 – 10/02	6:30 – 7:15pm	18mo – 3yrs
2203.03	Tu	8/15 – 10/03	9:30 – 10:15am	18mo – 3yrs
2203.11	M	10/09 – 11/27	3:30 – 4:15pm	18mo – 3yrs
2203.12	M	10/09 – 11/27	6:30 – 7:15pm	18mo – 3yrs
2203.13	Tu	10/10 – 11/28	9:30 – 10:15am	18mo – 3yrs
Fee:	\$130			
Location:	Frisco Gymnastics Center			

FRISCO DANCE FORCE

MACHO MOVERS

This is a special movement class just for the BOYS! This class is designed to introduce boys to basic dance movements such as galloping, leaping, and jumping. It will improve and develop listening skills, body strength, awareness, endurance, coordination, and gracefulness in a masculine manner.

Code	Days	Dates	Times	Ages
1351.01	Tu	8/22 – 10/10	2:45 – 3:30pm	3 – 5
1351.02	Tu	10/17 – 12/12	2:45 – 3:30pm	3 – 5
Fee:	\$55			
Location:	Frisco Dance Force			
Attire:	Any style t-shirt and gym shorts or sweatpants			
Note:	No class 10/31 and 11/20 – 11/25.			

HIP-HOP HOORAY

This awesome class is designed to introduce dancers to basic cheerleading skills such as cheer jumps/routines and beginners tumbling. The class also focuses on hip-hop choreography. It's a great class to prepare you for tryouts!

Code	Days	Dates	Times	Ages
1355.01	F	8/25 – 10/13	6:00 – 6:45pm	6 – 8
Fee:	\$55			
Location:	Frisco Dance Force			
Attire:	Tennis shoes, t-shirt and shorts or gym pants			
Note:	No class 10/31 and 11/20 – 11/25.			

PRECISION POWER DANCE

This is a great class for girls that need to work on strong, sharp, precise movements. This class will consist of intense stretching, upper/lower body conditioning, progressions across the floor, and precision dance choreography.

Code	Days	Dates	Times	Ages
1356.01	Sa	8/26 – 10/14	4:30 – 5:15pm	10+
1356.02	Sa	10/21 – 12/16	4:30 – 5:15pm	10+
Fee:	\$55			
Location:	Frisco Dance Force			
Note:	No class 10/31 and 11/20 – 11/25.			

LYRICAL DANCE

This is a fun class that combines the discipline of classical ballet and jazz techniques, with an emphasis on dramatic and inspirational choreography.

Code	Days	Dates	Times	Ages
1357.01	Th	8/24 – 10/12	4:15 – 5:00pm	7+
1357.02	Th	10/19 – 12/14	4:15 – 5:00pm	7+
Fee:	\$55			
Location:	Frisco Dance Force			
Attire:	Solid color leotard, black jazz pants and dance shoes			
Note:	No class 10/31 and 11/20 – 11/25.			

YOUTH PROGRAMS



MUSIC CONSERVATORY OF TEXAS

Instructors are university trained and provide a positive and motivating musical environment. Parents attend the last ten minutes of the final class for a short performance.

EVERYBODY'S GUITAR CLASS

Come join the fun at our beginning guitar class and learn to read music, play melodies, strum chords and other basic skills and techniques. Students are required to bring their guitar to class (a student sized guitar, acoustic or electric is fine). Amplifiers and cables are provided. Please bring \$15 for a textbook on the first day of class.

Code	Days	Dates	Times	Ages
3901.01	M	9/04 – 9/25	7:00 – 8:00pm	7 – 15
Fee:	\$100			
Location:	Music Conservatory of Texas			

PIANO ADVENTURES

This is an introductory class. We teach a notation-based program, focusing on reading music and rhythms, technique, ensembles and some theory activities. Students should have a piano or keyboard at home. Please bring \$15 for a textbook on the first day of class.

Code	Days	Dates	Times	Ages
3902.01	F	9/08 – 9/29	5:00 – 6:00pm	5 – 12
Fee:	\$100			
Location:	Music Conservatory of Texas			

EARLY CHILDHOOD MUSIC CLASSES: MUSIKGARTEN SING WITH ME CLASSES

This is a specially designed curriculum for children and parents to enjoy together (child with parent partner) including songs, chants, singing games, bouncing and rocking songs, rhythm instrument playing, short listening exercises, tonal and rhythm patterns, and movement activities. A \$15 supply fee is paid to the instructor the first day of class. This fee includes a class CD and appropriate materials. For those taking multiple sessions this is a one time fee.

Code	Days	Dates	Times	Ages
3900.01	Th	9/07 – 9/28	9:30 – 10:00am	18mo – 2 ^{1/2}
3900.02	Th	9/07 – 9/28	10:00 – 10:30am	2 ^{1/2} – 3 ^{1/2}
3900.03	Th	9/07 – 9/28	10:30 – 11:00am	6mo – 18mo
3900.11	Th	10/05 – 10/26	9:30 – 10:00am	18mo – 2 ^{1/2}
3900.12	Th	10/05 – 10/26	10:00 – 10:30am	2 ^{1/2} – 3 ^{1/2}
3900.13	Th	10/05 – 10/26	10:30 – 11:00am	6mo – 18mo
3900.21	Th	11/02 – 11/30	9:30 – 10:00am*	18mo – 2 ^{1/2}
3900.22	Th	11/02 – 11/30	10:00 – 10:30am*	2 ^{1/2} – 3 ^{1/2}
3900.23	Th	11/02 – 11/30	10:30 – 11:00am*	6mo – 18mo
Fee:	\$35 plus a one time \$15 supply fee paid on the first day of class			
Location:	Music Conservatory of Texas			
Note:	*No classes on 11/23.			

GARAGE BAND 101

This class is for beginners or students who have played on their own who want to jam and rock out playing contemporary rock music with the help of a teacher coach. Students bring their instrument of choice, and also get to try out guitar, bass, keyboards, vocals and drums. Final class is a rock concert!

Code	Days	Dates	Times	Ages
3903.01	Sa	9/30 – 12/09	Noon – 1:00pm	9 – 15
Fee:	\$200			
Location:	Music Conservatory of Texas			
Note:	Please bring \$15 on the first day of class for materials and a CD.			

CHARMING DARLINGS

Polite conduct, behavior and the importance of etiquette are addressed with a focus on conversation & listening skills, thank you notes, guests, table manners and common courtesies during this fun and interactive class. Place settings, light meal, workbook and commemorative keepsake are included for a delightful and memorable experience.

Code	Days	Dates	Times	Ages
1501.01	Sa	11/18	1:30 – 3:45pm	6 – 8
1501.02	Sa	12/09	1:30 – 3:45pm	6 – 8
1501.03	Sa	12/16	1:30 – 3:45pm	6 – 8
Fee:	\$32			
Location:	Alumni Hall, Room A112			

SOCIAL DIPLOMATS


Children are invited to enhance their social skills in this class with the goal to foster an appreciation of the benefits of practicing good manners. Some of the topics covered include showing respect, proper introductions, giving and receiving gifts, duties of the young host/hostess, telephone etiquette and more. A light meal and place settings will be provided to review table manners. Attendees will receive a workbook and keepsake.

Code	Days	Dates	Times	Ages
1504.01	Th	12/21	10:00am – 12:15pm	9 – 10
Fee:	\$32			
Location:	Alumni Hall, Room A112			

ETIQUETTE AMBASSADORS

Young ladies and gentlemen will experience an engaging educational class addressing social conduct. The importance of civility and respect will be emphasized to help pre-teens prepare for the challenges and opportunities they will encounter in the future. Topics include conduct in public places, hi-tech etiquette, party manners, dining etiquette, gracious communication and correspondence. Keepsake, workbook and hors d'oeuvres provided.

Code	Days	Dates	Times	Ages
1505.01	Th	12/21	1:00 – 3:15pm	11 – 13
Fee:	\$32			
Location:	Alumni Hall, Room A112			



YOUTH PROGRAMS

ABRAKADOODLE®

Abakadoodle takes an enlightened perspective to expanding children's creativity and their knowledge of the world of color, form and design. A comprehensive approach is taken to teach to creativity, offering classes for painting, sculpture, collage, mosaics, sketching and more. These classes not only ignite a child's imagination, but they also build fine motor, language and cognitive skills.

ABRAKADOODLE® TWOOSY DOODLERS

During session I, make mosaics, snails, and study monochromatic hue. In session II, study puppetry, Gytaku fish printing, and create a page of fireworks. For session III, students will finger paint octopi, resist bugaboos, and splatter paint. Finally, in session IV, vegetables will make flowers, owls will take shape, and Audubon will be studied. Parent or caregiver participation is requested for this class. \$10 supply fee is due to instructor on the first day of class.

Code	Days	Dates	Times	Ages
1100.01	W	8/16 – 9/06	10:00 – 10:35am	20 – 36mo
1100.02	W	9/13 – 10/04	10:00 – 10:35am	20 – 36mo
1100.03	W	10/11 – 11/01	10:00 – 10:35am	20 – 36mo
1100.04	W	11/08 – 12/06	10:00 – 10:35am	20 – 36mo

Fee: \$55

Location: Community Center

Note: No class on 11/22.

ABRAKADOODLE® MINI DOODLERS

During session I, enjoy Gytaku fish printing, foil embossing, and Peter Max. In session II, learn about kappa cloth, Wang Yani's monkeys, and puppetry. For session III, students will study Van Gogh, watercolors, and optical art. Finally, in session IV, create a name chop, study Mehndi body art, and Korky Paul's book illustration. \$10 supply fee due to instructor on the first day of class.

Code	Days	Dates	Times	Ages
1100.11	W	8/16 – 9/06	10:45 – 11:30am	3 – 5
1100.12	W	9/13 – 10/04	10:45 – 11:30am	3 – 5
1100.13	W	10/11 – 11/01	10:45 – 11:30am	3 – 5
1100.14	W	11/08 – 12/06	10:45 – 11:30am	3 – 5

Fee: \$55

Location: Community Center

Note: No class on 11/22.

ABRAKADOODLE® DIGITAL DOODLERS

This program, for Elementary children ages 6 – 12, will be two sessions of four classes each. Each session offers instruction about famous artists such as Ansel Adams, William Wegman, Dali and Chagall along with digital photography and photo illustration. Students learn about digital cameras and photo printing and how to create a set up for photographing, as well as how to use a photograph in artwork. \$15 supply fee due to instructor on the first day of class.

Code	Days	Dates	Times	Ages
1100.21	Sa	9/16 – 10/07	10:30 – 11:30am	6 – 12
1100.22	Sa	10/14 – 11/04	10:30 – 11:30am	6 – 12

Fee: \$60

Location: Alumni Hall, Room A112

BUILD A CUSTOM SKATEBOARD

Hundreds of kids have already gotten the "right start". Price includes basic instruction on choosing a stance, starting/stopping techniques, all materials to build a pro-style skateboard, resources for safety equipment and local skate parks, stickers, and more. Parents should attend with youth to help with assembly.

Code	Days	Dates	Times	Ages
3202.01	Sa	9/30	10:00 – 11:00am	6 – 12

Fee: \$25

Location: Superdome

Note: Please bring \$40 on the day of class for supplies.

SUPER SITTERS! AMERICAN RED CROSS BABYSITTER'S TRAINING COURSE

This program will teach you how to become a responsible babysitter through learning about children's needs. Instruction includes rescue breathing, conscious choking, and other important information to help prepare babysitters for an emergency situation. Students who complete the course receive a handbook of information and activities to use as a reference. Students should bring a sack lunch.

Code	Days	Dates	Times	Ages
4101.01	Sa	9/09	9:00am – 3:00pm	11 – 14
4101.02	Sa	10/21	9:00am – 3:00pm	11 – 14
4101.03	Sa	11/18	9:00am – 3:00pm	11 – 14

Fee: \$68

Location: Youth Center

YOU CAN PAINT IN FRISCO

You'll amaze yourself, family and friends with the beautiful oil & watercolor painting you can finish in this fun and easy class. Learn color mixing, time saving brushstrokes and get step-by-step instruction from a professional artist. You'll be proud to frame and hang your finished masterpiece. All supplies are included, bring paper towels and wear an old t-shirt.

Code	Days	Dates	Times	Ages
1101.01	<i>Tropical Rain Forest with Waterfall*</i>			
	Sa	9/16	1:00 – 2:30pm	5 – 13
1101.02	<i>Geraniums in Clay Pots**</i>			
	Tu	10/03	5:00 – 6:30pm	5 – 13
1101.03	<i>Sunset on Padre Island*</i>			
	Sa	10/07	1:00 – 2:30pm	5 – 13
1101.04	<i>Mountain Scene with Autumn Splendor***</i>			
	W	11/08	4:30 – 6:00pm	5 – 13
1101.05	<i>Van Gogh Sunflowers*</i>			
	Sa	11/11	1:00 – 2:30pm	5 – 13
1101.06	<i>Christmas Snow Scene*</i>			
	Sa	12/02	1:00 – 2:30pm	5 – 13
1101.07	<i>Fireside Christmas**</i>			
	Tu	12/12	5:00 – 6:30pm	5 – 13

Fee: \$10

Location: *Community Center

**Senior Center at Frisco Square

***Youth Center

Note: Please bring a \$15 supply fee the first day of class.

YOUTH PROGRAMS

HOLIDAY ART CAMP

Finally an art camp that teaches fine art and creativity not just crafts. Your young artist will learn fundamentals in realistic painting using oil, watercolor and acrylic, silk-screening on fabric and perspective drawing, while completing six projects your family will cherish. All art supplies are provided. Wear an old t-shirt.

Code	Days	Dates	Times	Ages
1109.01	M – W	11/20 – 11/22	2:00 – 4:45pm	5 – 13
Fee:	\$40			
Location:	Youth Center			
Note:	Please bring a \$40 supply fee the first day of class.			

ART EXPLORATIONS

CREATIVE SCULPTURES

Let your creativity flow as you roll, twist and cut soft clay to create unique miniature figures. Work with your hands to create favorite animals and birds, human figures, portraits and cartoon characters. New projects each lesson! Some supplies required prior to the first day of class, please pick up a supplies list when you register!

Code	Days	Dates	Times	Ages
1104.01	M	8/28 – 10/09	6:00 – 7:00pm	5 – 13
1104.02	M	10/23 – 12/04	6:00 – 7:00pm	5 – 13
Fee:	\$90			
Location:	Senior Center at Frisco Square			
Note:	No class on 11/20.			

CARTOONS AND ANIMATION

A cartoon is simply put a drawing that says something. Kids will have fun discovering their artistic talents while learning principles of animation techniques. The instructor will provide step-by-step demonstrations and advice on how to animate. Explorations of viewpoints, movements, faces and figures will illustrate ways to further develop your cartooning skills and imagination.

Code	Days	Dates	Times	Ages
1108.01	M	8/28 – 10/09	7:15 – 8:15pm	5 – 13
1108.02	M	10/23 – 12/04	7:15 – 8:15pm	5 – 13
Fee:	\$90			
Location:	Senior Center at Frisco Square			
Note:	No class on 11/20.			

DRAWING

This is a brilliant program for aspiring artists! Explore a variety of art materials and media, and develop your artistic skills to create portraits, people, animals and cartoon characters while learning contour drawing, shading, composition, perspective, and more. Some supplies required prior to the first day of class, please pick up a supplies list when you register!

Code	Days	Dates	Times	Ages
1105.01	W	9/06 – 10/11	6:45 – 7:45pm	5 – 13
1105.02	W	10/25 – 12/06	6:45 – 7:45pm	5 – 13
Fee:	\$90			
Location:	Senior Center at Frisco Square			
Note:	No class on 11/22.			

TEENAGERS DRAWING CLASS

This course was created for teenagers using a step-by-step program that teaches techniques of drawing, from simple sketching to drawing portraits. Emphasis is placed on the classical method of education, with students learning to comprehend composition, air and linear perspective, and laws of light and shadow.

Code	Days	Dates	Times	Ages
1110.01	W	9/06 – 10/11	8:00 – 9:00pm	12 – 17
1110.02	W	10/25 – 12/06	8:00 – 9:00pm	12 – 17
Fee:	\$90			
Location:	Senior Center at Frisco Square			
Note:	No class on 11/22.			

REMBRANDT'S OIL PAINTING

Learn the basics of oil media in the classical manner. Step-by-step, you will experience the different stages of the art creation process, starting with composition and ending with Rembrandt's unique technique of transparent oil glazing. Some supplies required prior to the first day of class, please pick up a supplies list when you register!

Code	Days	Dates	Times	Ages
1106.01	F	9/08 – 10/13	6:45 – 7:45pm	5 – 13
1106.02	F	10/27 – 12/08	6:45 – 7:45pm	5 – 13
Fee:	\$90			
Location:	Senior Center at Frisco Square			
Note:	No class on 11/24.			

TAE KWON DO WITH MARK HENRY

Students learn to act swiftly when defending themselves, if necessary, with courage and commitment; develop a healthy spirit through proper mental and physical conditioning; and demonstrate respect and a positive attitude towards everyone. Instruction is continuous throughout the year with students advancing based upon their individual skills with registration on going.

Code	Days	Dates	Times	Ages
Beginning Class				
2101.01	M/W	8/14 – 9/20	6:00 – 6:50pm	5 – 15
2101.02	M/W	9/25 – 11/01	6:00 – 6:50pm	5 – 15
2101.03	M/W	11/06 – 12/13	6:00 – 6:50pm	5 – 15
Intermediate Class				
2102.01	M/W	8/14 – 9/20	6:50 – 7:40pm	5 – 15
2102.02	M/W	9/25 – 11/01	6:50 – 7:40pm	5 – 15
2102.03	M/W	11/06 – 12/13	6:50 – 7:40pm	5 – 15
Advanced Class				
2103.01	M/W	8/14 – 9/20	7:40 – 8:30pm	5 – 15
2103.02	M/W	9/25 – 11/01	7:40 – 8:30pm	5 – 15
2103.03	M/W	11/06 – 12/13	7:40 – 8:30pm	5 – 15
Fee:	\$70			
Location:	Senior Center at Frisco Square			
Note:	No class on 9/04 and 11/22.			



MODELING 101

Participants have fun as they learn their unique style. This program is designed to increase student's confidence and self-esteem. This program is taught by a professional model and pageant winner. Students will receive a free virtual makeover! Students will leave with improved posture and confidence to soar in any area of their life! Requested attire is casual clothing with a pair of smooth bottom shoes for boys and girls.

Code	Days	Dates	Times	Ages
4102.01	Sa	9/09	1:30 – 3:30pm	6 – 16
4102.02	Sa	9/23	10:00am – Noon	6 – 16
4102.03	Sa	10/14	1:30 – 3:30pm	6 – 16
4102.04	Sa	10/21	10:00am – Noon	6 – 16
Fee:	\$35			

Location: Building Images Studios

ADVANCE MODELING

Recommended for students who have completed Modeling 101. This is an advance fast pace class. Students work on movement and their unique style. Body language and communication are discussed. Students discuss what type of clothing works best with their body type. Students have fun as they learn advance runway techniques and photo posing.

Code	Days	Dates	Times	Ages
4103.01	Sa	11/04	10:00am – Noon	6 – 16
Fee:	\$35			

Location: Building Images Studios

ETIQUETTE – IMAGE IS EVERYTHING!™

Individuals are empowered with high self-esteem and self-worth. Participants learn introductions, dining skills, telephone skills, poise, posture and confidence, personal body care and more. Individuals will leave these sessions empowered intellectually and emotionally. Great for young men and young ladies!

Code	Days	Dates	Times	Ages
1503.01	Sa	9/09	10:00am – Noon	6 – 18
1503.02	Sa	9/23	1:30 – 3:30pm	6 – 18
1503.03	Sa	10/14	10:00am – Noon	6 – 18
1503.04	Sa	10/21	1:30 – 3:30pm	6 – 18
Fee:	\$35			

Location: Building Images Studios

NEW!

MOTHER/DAUGHTER – GRANDMOTHER FALL TEA

Mothers and their daughters will have fun at the enchanting Building Images Studios as they dress up in hats, gloves, and boas provided by the Studio! Once they are dressed to the nine they participate in a fashion show and enjoy a beautiful light lunch complete with all the summer sweets! Grandmothers and others are welcome. Everyone receives a beautiful gift to take home.

Code	Days	Dates	Times	Ages
1502.01	Sa	11/11	10:30am – Noon	6+
1502.02	Sa	11/11	1:30 – 3:00pm	6+
Fee:	\$22			

Location: Building Images Studios

HOLIDAY TEA **NEW!**

Have fun at the enchanting Building Images Studios as ladies dress up in hats, gloves, and boas and gentleman in top hats, all provided by the Studio! Once everyone is dressed to the nine they participate in a fashion show and enjoy a beautiful light lunch complete with all the holiday sweets! Ladies and gentlemen are welcome. Everyone receives a beautiful gift to take home.

Code	Days	Dates	Times	Ages
1507.01	Sa	12/09	10:30am – Noon	All
Fee:	\$25			

Location: Building Images Studios

HOLIDAY DINING ETIQUETTE **NEW!**

Boost your skills just in time for the holidays! Have fun as you learn dining skills and holiday manners. Learn dining conversations, gift ideals for the host and more! Enjoy holiday treats as a light snack. Take home a holiday gift. Great for males and females!

Code	Days	Dates	Times	Ages
1508.01	Sa	11/18	10:00am – Noon	6+
1508.02	Sa	11/18	2:00 – 4:00pm	6+
1508.03	M	11/20	6:00 – 8:00pm	6+
Fee:	\$25			

Location: Building Images Studios

FALL BREAK CAMPS

This fun interactive approach to social graces is anything but boring. Students develop inner strength and personal power as they discuss the following topics: introductions, dining etiquette, body language, poise, posture and confidence, personal body care (skin-nails-hair), wardrobe and more. Students receive a certificate at completion. Includes light lunch. This is a great course to empower young ladies and gentlemen.

Code	Days	Dates	Times	Ages
1506.01	M – F	10/02 – 10/06**	8:00am – Noon	6 – 18
1506.03	W – F	12/27 – 12/29*	8:00am – 2:00pm	6 – 18

Fee: *\$75

**\$125

Location: Building Images Studios



FRISCO TENNIS SCHOOL

Frisco Tennis School has programs in your neighborhood with clinics at eight locations throughout the city. Beginning players will have a blast learning the sport of a lifetime and current players will improve their skills as they train for school and tournament play. Basic fundamentals are taught in a fun, encouraging environment. Rackets are provided. Frisco Tennis School is a cooperative effort between the City of Frisco and the Frisco ISD to offer affordable programming on public courts. Each session is four weeks long. Make-ups for inclement weather or illness should be made up during each session.

Pee Wee: Designed for ages 4 – Kindergarten.

Code	Days	Dates	Times	Location
2410.01	W	8/30 – 9/20	4:00 – 4:45pm	Clark MS
2410.02	Sa	9/02 – 9/23	9:00 – 9:45am	Wester MS
2410.03	W	9/27 – 10/18	4:00 – 4:45pm	Clark MS
2410.04	Sa	9/30 – 10/21	9:00 – 9:45am	Wester MS
2410.05	W	10/25 – 11/15	4:00 – 4:45pm	Clark MS
2410.06	Sa	10/28 – 11/18	9:00 – 9:45am	Wester MS
Fee:	\$49			

Elementary Sessions: Designed for 1st – 5th graders.

Code	Days	Dates	Times	Location
2411.01	M	8/28 – 9/25	4:00 – 4:45pm	Pioneer MS
2411.02	M	8/28 – 9/25	4:00 – 4:45pm	Griffin MS
2411.03	W	8/30 – 9/20	5:45 – 6:30pm	Clark MS
2411.04	Th	8/31 – 9/21	4:00 – 4:45pm	Wester MS
2411.05	Th	8/31 – 9/21	4:00 – 4:45pm	Roach MS
2411.06	Sa	9/02 – 9/23	8:30 – 9:15am	Warren Prk
2411.07	M	10/02 – 10/23	4:00 – 4:45pm	Pioneer MS
2411.08	M	10/02 – 10/23	4:00 – 4:45pm	Griffin MS
2411.09	W	9/27 – 10/18	5:45 – 6:30pm	Clark MS
2411.10	Th	9/28 – 10/19	4:00 – 4:45pm	Wester MS
2411.11	Th	9/28 – 10/19	4:00 – 4:45pm	Roach MS
2411.12	Sa	9/30 – 10/21	8:30 – 9:15am	Warren Prk
2411.13	M	10/30 – 11/20	4:00 – 4:45pm	Pioneer MS
2411.14	M	10/30 – 11/20	4:00 – 4:45pm	Griffin MS
2411.15	W	10/25 – 11/15	5:45 – 6:30pm	Clark MS
2411.16	Th	10/26 – 11/16	4:00 – 4:45pm	Wester MS
2411.17	Th	10/26 – 11/16	4:00 – 4:45pm	Roach MS
2411.18	Sa	10/28 – 11/18	8:30 – 9:15am	Warren Prk
Fee:	\$49 for a one-day per week session \$69 for a two-day per week session \$85 for a three-day per week session			
Note:	No class on 9/04.			

Advanced Elementary Sessions: For students who have completed at least two sessions of the elementary class.

Code	Days	Dates	Times	Location
2412.01	M	8/28 – 9/25	4:45 – 5:45pm	Griffin MS
2412.02	W	8/30 – 9/20	4:45 – 5:45pm	Clark MS
2412.03	Sa	9/02 – 9/23	9:15 – 10:15am	Warren Prk
2412.04	M	10/02 – 10/23	4:45 – 5:45pm	Griffin MS
2412.05	W	9/27 – 10/18	4:45 – 5:45pm	Clark MS
2412.06	Sa	9/30 – 10/21	9:15 – 10:15am	Warren Prk
2412.07	M	10/30 – 11/20	4:45 – 5:45pm	Griffin MS
2412.08	W	10/25 – 11/15	4:45 – 5:45pm	Clark MS
2412.09	Sa	10/28 – 11/18	9:15 – 10:15am	Warren Prk
Fee:	\$49 for a one-day per week session \$69 for a two-day per week session \$85 for a three-day per week session			
Note:	No class on 9/04.			

Junior High Sessions: Designed for 6th – 8th graders

Code	Days	Dates	Times	Location
2413.01	M	8/28 – 9/25	5:45 – 7:00pm	Griffin MS
2413.02	Th	8/31 – 9/23	4:45 – 6:00pm	Roach MS
2413.03	Sa	9/02 – 9/23	9:45 – 11:00am	Wester MS
2413.04	M	10/02 – 10/23	5:45 – 7:00pm	Griffin MS
2413.05	Th	9/28 – 10/19	4:45 – 6:00pm	Roach MS
2413.06	Sa	9/30 – 10/21	9:45 – 11:00am	Wester MS
2413.07	M	10/30 – 11/20	5:45 – 7:00pm	Griffin MS
2413.08	Th	10/26 – 11/16	4:45 – 6:00pm	Roach MS
2413.09	Sa	10/28 – 11/18	9:45 – 11:00am	Wester MS
Fee:	\$59 for a one-day per week session \$79 for a two-day per week session \$95 for a three-day per week session			
Note:	No class 9/04.			

Junior High Tournament Level Sessions: Designed for players who are advanced 6th – 8th graders. Students should be ready for tournament competition.

Code	Days	Dates	Times	Location
2414.01	M	8/28 – 9/25	4:45 – 6:00pm	Pioneer MS
2414.02	Th	8/31 – 9/23	4:45 – 6:00pm	Wester MS
2414.03	Sa	9/02 – 9/23	10:15 – 11:30am	Warren Prk
2414.04	M	10/02 – 10/23	4:45 – 6:00pm	Pioneer MS
2414.05	Th	9/28 – 10/19	4:45 – 6:00pm	Wester MS
2414.06	Sa	9/30 – 10/21	10:15 – 11:30am	Warren Prk
2414.07	M	10/30 – 11/20	4:45 – 6:00pm	Pioneer MS
2414.08	Th	10/26 – 11/16	4:45 – 6:00pm	Wester MS
2414.09	Sa	10/28 – 11/18	10:15 – 11:30am	Warren Prk
Fee:	\$59 for a one-day per week session \$79 for a two-day per week session \$95 for a three-day per week session			
Note:	No class 9/04.			



"THE ICE AT STONEBRIAR" ICE SKATING CLASSES

Tot Class: Designed for 3 – 5 years of age

This session is designed for toddlers as an introduction to the world of ice skating. Toddlers will learn how to fall down and get up, march in place, march while skating, and learn a beginning two-foot glide. Ice skates and professional instruction included. Mittens, gloves, and warm, loose apparel suggested.

Code	Days	Dates	Times
1900.01	M	9/11 – 10/16	4:30 – 5:00pm
1900.02	Tu	9/12 – 10/17	10:00 – 10:30am
1900.03	Th	9/14 – 10/19	4:30 – 5:00pm
1900.04	Sa	9/16 – 10/21	12:15 – 12:45pm
1900.11	M	10/23 – 12/04	4:30 – 5:00pm
1900.12	Tu	10/24 – 12/05	10:00 – 10:30am
1900.13	Th	10/26 – 12/07	4:30 – 5:00pm
1900.14	Sa	10/28 – 12/09	12:15 – 12:45pm

Fee: \$72

Location: The Ice at Stonebriar Centre

Note: No class the week of 11/20 – 11/25.

Beginner Class: 6 – 12 years of age

This session will teach the basic techniques of ice skating. Each skater will learn one and two foot glides, dips, backward wiggles, a rocking horse, and snow plow stop. Ice skates and professional instruction included. Mittens, gloves, and warm loose apparel suggested.

Code	Days	Dates	Times
1901.01	M	9/11 – 10/16	4:30 – 5:00pm
1901.02	Tu	9/12 – 10/17	10:00 – 10:30am
1901.03	Th	9/14 – 10/19	4:30 – 5:00pm
1901.04	Sa	9/16 – 10/21	12:15 – 12:45pm
1901.11	M	10/23 – 12/04	4:30 – 5:00pm
1901.12	Tu	10/24 – 12/05	10:00 – 10:30am
1901.13	Th	10/26 – 12/07	4:30 – 5:00pm
1901.14	Sa	10/28 – 12/09	12:15 – 12:45pm

Fee: \$72

Location: The Ice at Stonebriar Centre

Note: No class the week of 11/20 – 11/25.

SKYHAWKS

Skyhawks' programs for three and four year olds help children fine-tune their motor skills in soccer and basketball. No pressure, just lots of fun while these tiny athletes learn the basics through unique Skyhawks games. The Tiny Hawk coaching staff is trained to meet the special needs of young children and is committed to creating a positive introduction to sports. Children must be potty trained to attend. The participant to coach ratio is 6:1.

Code	Days	Dates	Times	Ages
Soccer				
2900.01	Th	9/07 – 9/28	3:00 – 3:45pm	3 – 4
Basketball				
2903.01	Th	9/07 – 9/28	4:00 – 4:45pm	3 – 4
Basketball				
2903.02	Tu	10/03 – 10/24	3:00 – 3:45pm	3 – 4
Soccer				
2900.02	Tu	10/23 – 10/24	4:00 – 4:45pm	3 – 4

Fee: \$25

Location: Alumni Hall Fitness Center

Note: All participants should bring a water bottle and wear comfortable clothing with court shoes. Shin guards are recommended for soccer. Each participant will receive a ball, t-shirt and a merit award signed by their coach.

FRISCO SPORTS COUNCIL

The Frisco Sports Council is comprised of several youth sports associations, which are volunteer service organizations that implement and manage youth athletic leagues, tournaments, and programs for Frisco's youth population. These organizations are not managed by the City of Frisco, however, partnerships with the city have been formed to provide and maintain practice and game fields for these organizations.



Frisco Football League
www.friscofootballleague.com



Frisco Amateur Summer Swim Team
www.swimfast.org



Miracle League of Frisco
www.friscomiracleleague.org



Frisco Bombers Wrestling Club
www.friscobombers.com



Frisco Aquatics - Swim Team
www.friscoaquatics.com



Frisco Baseball/Softball Association
www.fbsa.org



Frisco Soccer Association
www.friscosoccer.org



FRISCO DANCE FORCE

PILATES FOR ADULTS

This fitness class is designed to strengthen your core by incorporating breathing techniques through sustained body positions. The class will consist of stretching, Pilates mat work, and cool down. Great for moms in the morning!

Code	Days	Dates	Times	Ages
1808.01	MWF	8/21 – 10/13	10:00 – 11:00am	18+
1808.02	MWF	10/16 – 12/15	10:00 – 11:00am	18+
Fee:	\$75			
Location:	Frisco Dance Force			
Attire:	Suggested attire is workout clothes of any style and bare feet			
Note:	No class 11/20 – 11/24.			

SHEENA'S DANCE ACADEMY FOR ADULTS!

Bring your dancing shoes to Sheena's Dance Academy and experience the action, fun, and health benefits of our adult dance classes! Instructors provide both individual and group instruction. All classes are conducted at Sheena's Dance Academy located at 7975 Stonebrook Parkway.

Swing and Salsa Time

Code	Days	Dates	Times	Ages
3700.01	M	9/18 – 10/23	8:00 – 8:45pm	18+
Fee:	\$55 per individual, \$65 per couple			
Attire:	Comfortable clothing, smooth soled shoes, rubber soles not suggested.			

Country Western

Code	Days	Dates	Times	Ages
3701.01	Tu	9/19 – 10/24	8:00 – 8:45pm	18+
Fee:	\$55 per individual, \$65 per couple			
Attire:	Comfortable clothing, smooth soled shoes, rubber soles not suggested.			

Ballet Class

Code	Days	Dates	Times	Ages
3702.01	W	9/20 – 10/25	7:15 – 8:15pm	18+
Fee:	\$64			
Attire:	Leotard, tights, pink leather ballet shoes, ballet skirt permitted.			

Jazz & Hip Hop Class

Code	Days	Dates	Times	Ages
3703.01	Tu	9/19 – 10/24	7:15 – 8:00pm	18+
Fee:	\$55			
Attire:	Comfortable athletic wear and jazz shoes recommended.			

Tap Class

Code	Days	Dates	Times	Ages
3704.01	Tu	9/19 – 10/24	8:00 – 8:45pm	18+
Fee:	\$55			
Attire:	Comfortable athletic/dance wear and black tap shoes.			

YOU CAN PAINT

YOU CAN OIL PAINT

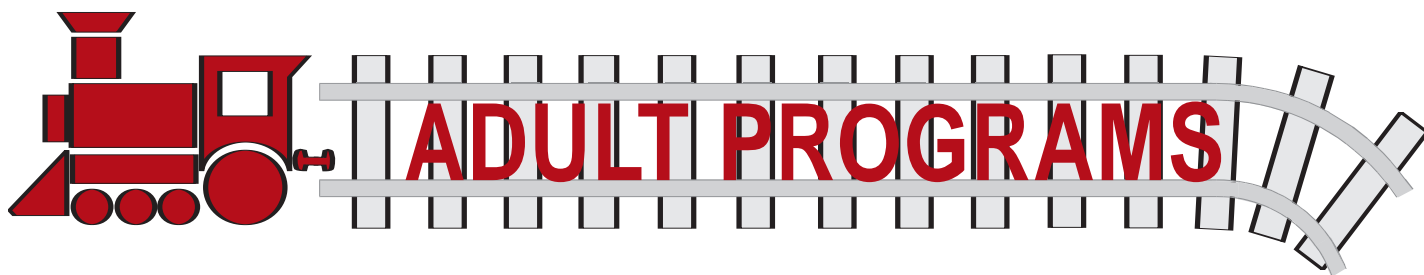
Even if you've never held a brush or can't draw a straight line you'll be amazed at the beautiful oil painting you can complete in one fun and easy lesson with all supplies furnished. Learn composition, perspective, color mixing and simple time-saving techniques with a professional artist. Bring paper towels and wear an old t-shirt.

Code	Days	Dates	Times	Ages
1000.01		<i>Tropical Rain Forest with Waterfall</i>		
	Sa	9/16	9:30am – 12:30pm	14+
1000.02		<i>Sunset on Padre Island</i>		
	Sa	10/07	9:30am – 12:30pm	14+
1000.03		<i>Van Gogh Sunflowers</i>		
	Sa	11/11	9:30am – 12:30pm	14+
1000.04		<i>Christmas Snow Scene</i>		
	Sa	12/02	9:30am – 12:30pm	14+
Fee:	\$15			
Location:	Community Center			
Note:	Please bring a \$20 supply fee the first day of class.			

YOU CAN WATERCOLOR

Discover the fun and ease of this beautiful medium. Complete a finished watercolor ready to mat & frame under the guidance of a professional award-winning artist. Even beginners will learn simple approach yielding professional results. All materials are provided. Come with only desire and leave with a masterpiece!

Code	Days	Dates	Times	Ages
1004.01		<i>Geraniums in Clay Pots*</i>		
	W	9/06	7:00 – 9:00pm	14+
1004.02		<i>Rushing River Through the Woods**</i>		
	Tu	10/03	7:00 – 9:00pm	14+
1004.03		<i>Mountain Scene with Autumn Splendor*</i>		
	W	11/08	7:00 – 9:00pm	14+
1004.04		<i>Poinsettias**</i>		
	Tu	12/12	7:00 – 9:00pm	14+
Fee:	\$15			
Location:	* Youth Center			
	** Senior Center at Frisco Square			
Note:	Please bring a \$20 supply fee the first day of class.			



ART EXPLORATIONS

DRAWING

Discover your artistic talents while learning fundamental drawing techniques. Explore a variety of art materials and media, and develop your artistic skills to create portraits, people, animals and cartoon characters while learning contour drawing, shading, composition, perspective, and more. Some supplies required prior to first day of class, please pick up a supplies list when you register!

Code	Days	Dates	Times	Ages
1001.01	M	8/28 – 10/09	8:30 – 9:45pm	14+
1001.02	M	10/23 – 12/04	8:30 – 9:45pm	14+
Fee:	\$120			
Location:	Senior Center at Frisco Square			
Note:	No class 9/04.			

REMBRANDT'S OIL PAINTING

Learn the basics of oil media in the classical manner. Step-by-step, you will experience the different stages of the art creation process, starting with composition and ending with Rembrandt's unique technique of transparent oil glazing. Some supplies required prior to the first day of class, please pick up a supplies list when you register!

Code	Days	Dates	Times	Ages
1003.01	F	9/08 – 10/13	8:00 – 9:00pm	12 – 17
1003.02	F	10/27 – 12/08	8:00 – 9:00pm	12 – 17
Fee:	\$90			
Location:	Senior Center at Frisco Square			
Note:	No class on 11/24.			

INSTANT PIANO

INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE

Guaranteed fun for music lovers! Have you always wanted to play the piano for your own fun and enjoyment, but the thought of taking piano lessons six or seven years to accomplish that goal is a real turn-off? Learn the Chord Approach Way – it's easy, fun and musically correct. This is your backstage pass to the magic of music. Freestyle pop piano playing made exciting for beginners as well as the classically trained. Learn how to avoid reading the bass clef entirely, how chords work, how to chord from the church hymnal, and how to speed read sheet music.

Code	Days	Dates	Times	Ages
1405.01	M	12/04	6:00 – 9:00pm	14+
Fee:	\$55			
Location:	Alumni Hall, Room A112			

INSTANT PIANO BY EAR – YOU DON'T HAVE TO BE BORN WITH IT!

Solve one of music's deepest mysteries: how to play songs without relying on music. A very practical presentation of music theory that includes predicting chord progressions, picking out melodies, determining the key for any song – all expressed in every day language. This is an ideal follow-up to the "Instant Piano" Workshop. Enjoy both workshops to get the full picture of how music works – with or without written score! Expand your musical horizons, free yourself from sheet music dependence, and be the life of the party!

Code	Days	Dates	Times	Ages
1405.02	Tu	12/05	6:00 – 9:00pm	14+
Fee:	\$55			
Location:	Alumni Hall, Room A112			
Note:	Sign up for both classes for \$95.			

YOGA

BEGINNERS YOGA

Would you like to improve your strength, flexibility and endurance? Do you need to reduce stress in your life? Would you like to feel both relaxed and refreshed at the end of an exercise class? Beginning Yoga includes stretching, bending and twisting exercises, and relaxation techniques. No Yoga training or experience needed.

Code	Days	Dates	Times	Ages
1802.01	Tu/Th	9/07-9/28	8:00-9:00pm	16+
1802.02	Tu/Th	10/03-10/26	8:00-9:00pm	16+
1802.03	Tu/Th	10/31-11/23	8:00-9:00pm	16+
Fee:	\$40			
Location:	Senior Center at Frisco Square			

S.O.S. – SOCIAL OCCASION SURVIVAL

Uncomfortable entertaining? Invited to a holiday affair and don't know what to wear? Baffled by place settings and utensils? This class will address wardrobe, dining etiquette, wine and food pairings, gracious communication and more. Be prepared for your next social occasion whether you are an attendee or the host. Refreshments and a S.O.S. guide will be provided.

Code	Days	Dates	Times	Ages
3502.01	Sa	11/11	1:30 – 3:30pm	18+
3502.02	M	11/20	7:00 – 9:00pm	18+
3502.03	Sa	12/02	1:30 – 3:30pm	18+
Fee:	\$28			
Location:	Alumni Hall, Room A112			

ADULT PROGRAMS

LATIN CARDIO

Mild or hot, add a little salsa to your workout. Enjoy a heart pumping, hip shaking cardio routine that combines Latin dance steps and fitness methods with grooves including Salsa, Merengue, Cha-Cha and Afro-Latin beats for improved stamina, muscle tone and smooth moves. This is a follow-along format; the steps are added on gradually while you maintain a cardio pace. This class will also include a period of strengthening exercises and stretching. Exercise shoes or dance sneakers recommended.

Code	Days	Dates	Times	Ages
1805.01	Tu	9/19 - 10/10	8:00 - 9:00pm	14+
1805.02	Tu	10/17 - 11/07	8:00 - 9:00pm	14+

Fee: \$38

Location: Alumni Hall Fitness Center

SUPER CARDIO FITNESS PUMP

Experience a fast paced weight resistance format focused on developing the muscular endurance component of fitness for a leaner and more defined body. This muscle conditioning program incorporates music and free weight resistance training that focus on a specific part of the body including shoulders, chest, biceps, triceps, lats, upper back, lower back, glutes, hamstrings, quads, and abdominals.

Code	Days	Dates	Times	Ages
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This class has been cancelled!

Fee: \$38

Location: Alumni Hall Fitness Center

PILATES – INTRO MATWORK

An introductory class series designed for people new to the Pilates method. This is a slow, controlled workout featuring exercises that accommodate all fitness levels to increase strength, flexibility and balance while focusing on the foundations of breath, neutral spine and body.

Code	Days	Dates	Times	Ages
1807.01	Th	9/21 - 10/12	8:15 - 9:15pm	14+
1807.02	Th	10/19 - 11/09	8:15 - 9:15pm	14+

Fee: \$42

Location: Alumni Hall Fitness Center

JAZZERCISE!

Improve your health and fitness while having fun and making new friends! Jazzercise incorporates the latest dance moves with the best of Pilates, kick-boxing and yoga for a total body aerobic workout that focuses on cardio, strength, stretching, weight loss and muscle toning. Low-impact and intensity options offered at every class. Bring a mat and hand weights.

Code	Days	Dates	Times	Ages
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8 Week Class

1800.01	Tu/Th	On-going	6:30 - 7:30pm	17+
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4 Week Class

1801.01	Tu/Th	On-going	6:30 - 7:30pm	17+
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Fee: \$72 for 16 consecutive classes
\$44 for 8 consecutive classes

Location: Alumni Hall Fitness Center

Note: No class on 11/23.

TAE KWON DO FOR ADULTS

Students will gain strength, endurance, mobility, reaction time, flexibility, and balance as they learn to act swiftly when defending themselves, if necessary, with courage and commitment. Instruction is continuous throughout the year with students advancing based upon their individual skills with registration on going.

Code	Days	Dates	Times	Ages
3400.01	T/Th	8/15 - 9/21	7:00 - 7:50pm	16 +
3400.11	T/Th	9/26 - 11/02	7:00 - 7:50pm	16 +
3400.21	T/Th	11/07 - 12/14*	7:00 - 7:50pm	16 +

Fee: \$70

Location: Senior Center at Frisco Square

BOOT CAMP FITNESS CLASSES

Boot Camp Fitness is a high-energy workout designed to increase strength, cardiovascular endurance, balance, agility, and flexibility. Various fitness games, relays, group challenges, and obstacle courses will be incorporated to develop teamwork and motivation. Workouts will be structured to accommodate those of all fitness levels. Meet new friends and have fun while getting in great shape. Body fat percentage will be measured before and after each four-week period. Nutritional evaluation and guidance as well as a food and exercise journal are included with the course.

Code	Days	Dates	Times	Ages
1804.01	M/W/F	7/31 - 8/25	5:30 - 6:30am	16+
1804.02	M/W/F	9/06 - 9/29	5:30 - 6:30am	16+
1804.03	M/W/F	10/09 - 11/03	6:30 - 7:30am	16+
1804.04	M/W/F	11/13 - 12/08	6:30 - 7:30am	16+

Fee: \$160

Location: Warren Sports Complex

Note: No class 9/04 and 11/24.

CARDIO PULMONARY RESUSCITATION (CPR) AND FIRST AID

AMERICAN RED CROSS TRAINING COURSE

This American Red Cross course is designed to help participants recognize and care for life-threatening respiratory or cardiac emergencies in children or adults. Adult, child, and infant CPR and first aid will be covered.

Code	Days	Dates	Times	Ages
1400.11	Sa	10/07	9:00am - 6:00pm	14+
1400.21	Sa	12/02	9:00am - 6:00pm	14+

Fee: \$75

Location: Youth Center



PET FIRST AID AND CPR

AMERICAN RED CROSS TRAINING COURSE

This course will teach you how to protect yourself and your pet from greater harm, when and where to call for help, how to apply first aid techniques and principles, and learn emergency action steps that can be used in almost any emergency. Please **DO NOT** bring your pets to this class. Please **DO** bring a photograph of your pet or pets to class. You will receive a handbook and first aid materials at the beginning of the class.

Code	Days	Dates	Times	Ages
1402.01	Sa	9/16	9:00am – 12:00pm	14+
1402.02	Sa	10/28	9:00am – 12:00pm	14+
1402.03	Sa	11/11	9:00am – 12:00pm	14+
Fee:	\$68			
Location:	Youth Center			

THE PERFECT POOCH: DOG OBEDIENCE TRAINING

Team up with your dog in this fun and exciting training program. Positive reinforcement in a relaxed learning environment creates an obedient and well – mannered pet. The instructor has over 30 years of experience, and teaches a variety of obedience skills to help your pet be a pleasant and polite companion! All dogs must be at least three months old and on a leash. All vaccinations must be current, and owners must provide a copy of the pet's vaccination records at the time of enrollment. Individuals ages 17 and under must have a parent or adult guardian escort.

Code	Days	Dates	Times	Ages
1403.01	Sa	9/16 – 11/04	9:00 – 10:00am	12+
Fee:	\$95			
Location:	Warren Sports Complex			

KAYAKING—FISHING FROM YOUR KAYAK

Learn basic skills for safe kayaking and fishing from your boat. Boats, paddles and lifejackets provided. Bring water to drink and your own fishing gear. A valid Texas fishing license is required to fish. Non-fishers welcome to come learn about paddling. Children should know how to swim and must be accompanied by a participating parent.

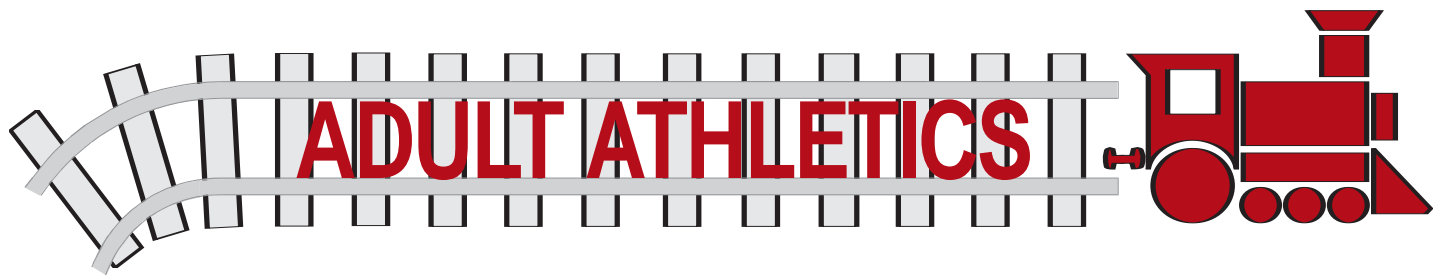
Code	Days	Dates	Times	Ages
1406.01	Sa	9/16	8:30 – 11:30am	10+
Fee:	\$60			
Location:	Arkansas Lane Boat Ramp, Lake Arlington			

DEFENSIVE DRIVING

This program presents a mixture of lecture, video, instructional games and fulfills the requirements for ticket dismissal (check with your court) and insurance discount. The six-hour course focuses on updating drivers' knowledge and attitudes to make the streets a safer place for everyone. Please bring your own lunch! Certificates are mailed approximately 15 days after successful completion of the course. Overnight delivery is available for an additional charge. ***Due to State Law requirements, this class will start promptly at the stated time and late students cannot be admitted.***

Code	Days	Date	Times	Ages
1404.11	Sa	8/26	8:30am – 2:30pm	16+
1404.21	Sa	9/30	8:30am – 2:30pm	16+
1404.31	Sa	11/25	8:30am – 2:30pm	16+
1404.41	Sa	12/30	8:30am – 2:30pm	16+
Fee:	\$30			
Location:	Youth Center			

We would like to hear from you regarding programs that would provide recreational benefits for you and your family that we can offer in the new Frisco Recreation and Aquatics Center coming in 2007. In addition, we  are looking for qualified instructors to teach a wide array of classes for all ages. If you have a knack for teaching a fun program, please contact our staff at 972-335-5517 or email pgleason@friscotexas.gov.



GOLF DEVELOPMENT PROGRAM

Whether you are new to golf or a seasoned player, this program has unbeatable benefits for all golfers! The Player Development Program includes unlimited range balls, access to three golf clinics per week, \$15 twilight hour green fees available seven days a week, \$15 green fees available all day on Tuesdays, and exclusive extended twilight hours beginning at 1pm all year. Registration is NOT available at Plantation Golf Club!

Code: 1700.01
Dates: 9/12 – 11/07
Fee: \$39 per month
 \$10 additional per month to add your spouse
Location: Plantation Golf Club
Note: No class on 10/31.

FRISCO ADULT TENNIS LEAGUE

The tennis courts at Warren Sports Complex are reserved for league play on Tuesday and Thursday evenings from 6 – 10pm. All participants will receive a league t-shirt and one can of balls. League winners, who will be determined by the regular season standings, will receive free registration in the 2007 Spring tennis league. Players must be at least 16 years of age to participate. All registered participants are eligible to play in an end of the season tournament.

Code	League	Days	Dates
2400.01	Men's Singles	Tu	9/12 – 11/07
2400.02	Women's Singles	Th	9/14 – 11/02

Fee: \$15 per league
Location: Warren Sports Complex – Tennis Courts
Note: No matches on 10/31.

ADULT BASKETBALL LEAGUE

The adult basketball leagues are sanctioned by the Texas Amateur Athletic Federation. TAAF offers local teams the ability to advance to post season play, which includes regional and state tournaments. Players must be at least 18 years of age to participate.

Code	League	Days	Dates	Times
1200.01	Competitive	M	8/28 – 11/06	6:45 – 8:45pm
1200.02	Competitive	W	9/06 – 11/08	6:45 – 8:45pm

Fee: \$385 per team
Location: Alumni Hall – Gymnasium
Note: No games on 9/04.

ADULT SOFTBALL LEAGUE

Softball leagues are available for a variety of skill levels. All leagues play under ASA guidelines. Teams will play nine games with the top four teams advancing to the league playoffs. Players must be at least 18 years of age.

Code	League	Days	Dates
2300.01	Men's Church	M	9/11 – 11/06
2300.02	Men's Class D	Tu	9/05 – 11/07
2300.03	Co-Ed Class C	Tu	9/05 – 11/07
2300.04	Men's Class D	Th	9/07 – 11/02
2300.05	Men's Class C	Th	9/07 – 11/02
2300.06	Co-Ed Class D	F	9/08 – 11/03
2300.07	Co-Ed Church	F	9/08 – 11/03

Fee: \$340 per team
Location: Shawnee Trail Sports Complex
Note: No games on 10/31.

ADULT FLAG FOOTBALL LEAGUE

The adult flag football leagues are sanctioned by the Texas Amateur Athletic Federation. TAAF offers local teams the ability to advance to post season play, which includes regional and state tournaments. All flag football leagues are 8 on 8. Players must be at least 18 years of age to participate.

Code	League	Days	Dates	Times
1600.01	Competitive	Tu	9/05 – 10/24	6:45 – 9:45pm
1600.11	Recreational	Th	9/07 – 10/26	6:45 – 9:45pm

Fee: \$375 per team
Location: Warren Sports Complex – Football Field

INAUGURAL ADULT KICKBALL LEAGUE

The first ever adult kickball league will begin play this Fall. Kickball is a great way to get exercise, make new friends and relive the glory days of the playground. Players must be at least 16 years of age to participate. Each team must have six male and four female players on the field at all times.

Code	League	Days	Dates	Times
2700.01	Co-Ed	Th	9/14 – 10/19	7:00 – 9:00pm

Fee: \$150 per team
Location: Shawnee Trail Park

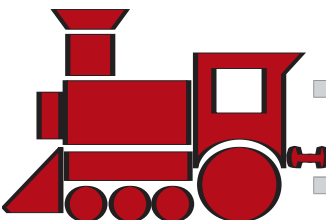
FRISCO TENNIS SCHOOL

LEARN N PLAY

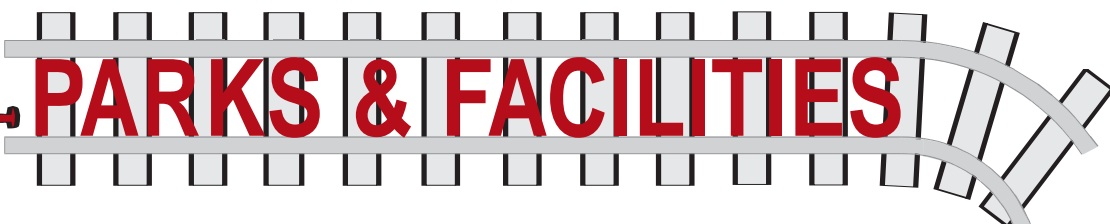
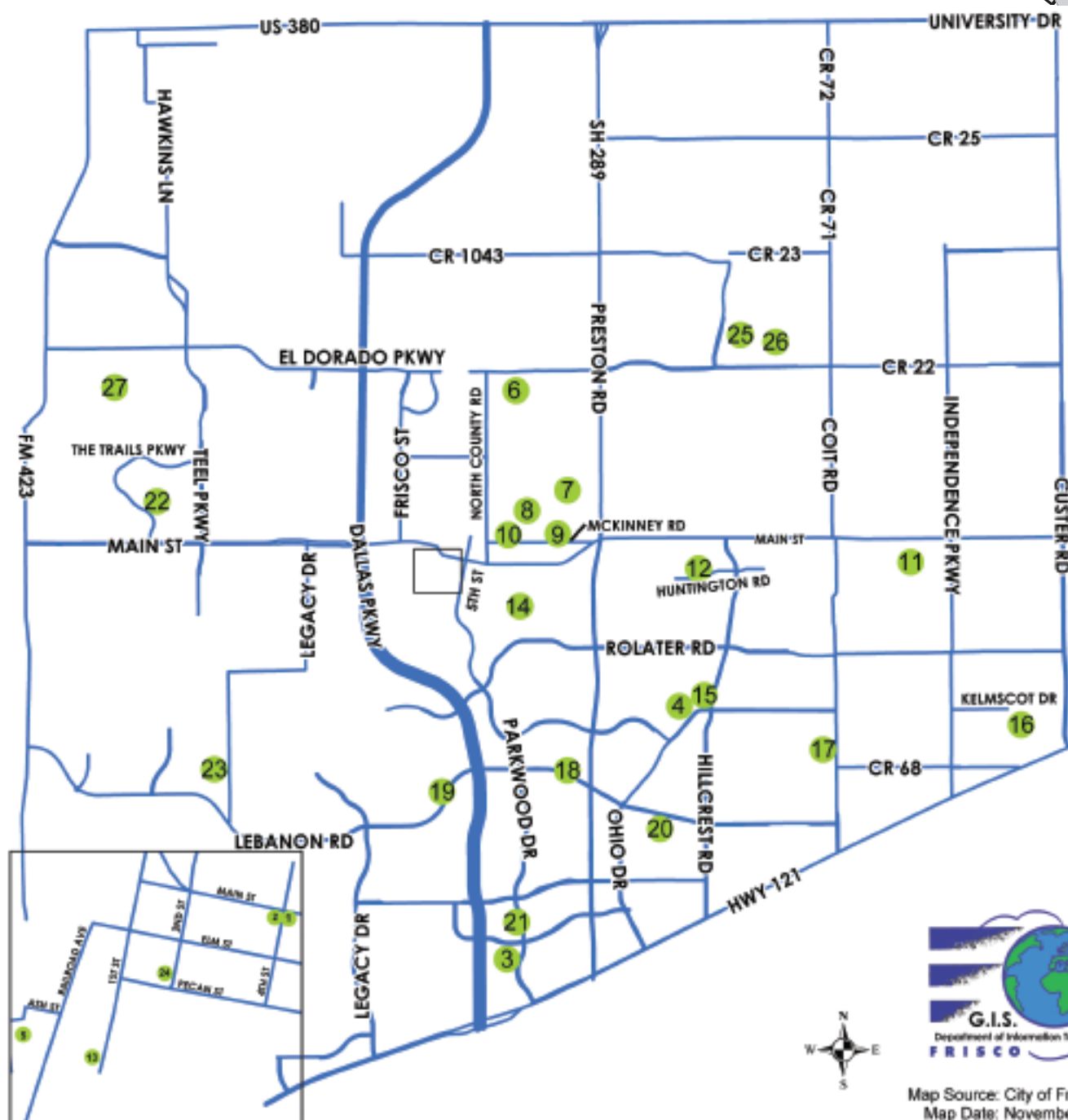
An instructional class for beginner to intermediate players, split between work on strokes (forehand, backhand, volleys, serves) and actual play. Class time is divided into 45 minutes of instruction and drill with a pro and 30 minutes of play with other members of the group under the supervision and organization of the pro.

Code	Days	Dates	Times	Location
2415.01	W	8/30 – 9/20	6:30 – 7:45pm	Clark MS
2415.02	W	9/27 – 10/18	6:30 – 7:45pm	Clark MS
2415.03	W	10/25 – 11/15	6:30 – 7:45pm	Clark MS

Fee: \$49



PARKS & FACILITIES

Map Source: City of Frisco, GIS
Map Date: November 2004

- | | | | |
|-----------------------------------|-------------------------|------------------------------------|-------------------------|
| 1. Downtown Gazebo | 8. Frisco Commons | 15. Shawnee Trail Sports Complex | 21. Central Park |
| 2. City Hall | 9. Bi-Centennial Park | 16. West Rowlett Hike & Bike Trail | 22. Old Orchard Park |
| 3. The Ballpark Plaza | 10. Youth Center Park | 17. Duncan Park | 23. B. F. Phillips Park |
| 4. Alumni Hall Fitness Center | 11. Harold Bacchus Park | 18. Preston North Park | 24. Gallegos Park |
| 5. Senior Center at Frisco Square | 12. Preston Ridge Park | 19. Starwood Park | 25. Mourning Dove Park |
| 6. Warren Sports Complex | 13. First Street Park | 20. Cannaday Recreation Area | 26. Bobwhite Park |
| 7. Preston Manor Park | 14. Oakbrook Park | | 27. Fairways Green Park |

SPECIAL EVENTS

NFL "PUNT, PASS & KICK"

Sunday, September 17, 2006

- Warren Sports Complex
- 1:00 – 4:00pm



This program is FREE!

Girls and boys in four separate age divisions (8-9, 10-11, 12-13, and 14-15) compete against each other in punting, passing and place kicking in a fun and engaging forum.

With more than four million boys and girls from around the country taking part in the **NFL PUNT, PASS & KICK** competition every year, it is one of the world's largest youth sports participation programs.

For more information, please contact **Scot McCollum** at 972-335-5517 or by email at smccollum@friscotexas.gov.

6TH ANNUAL MOTHER SON DANCE

**DON'T DELAY!
TICKETS ARE LIMITED!**

Registration is in person only.
Mail-in ticket purchases will not be accepted.

Attention Moms! Bring your young partners to Centennial High School to enjoy dancing and spending this special time together. Come dressed as your favorite famous duo, including actors, super heroes, musicians, cartoon characters, or other celebrities! Refreshments will be served.

Date:	Saturday, September 16	
Dance Times:	Ages 4 – 5	4:00 – 5:30pm
	Ages 6 – 7	6:00 – 7:30pm
	Ages 8 – 12	8:00 – 9:30pm
Location:	Centennial High School Cafeteria	
Fee:	\$10 per ticket (cash or check ONLY)	
Theme:	Dynamic Duos	

TICKET INFORMATION:

Tickets go on sale Saturday, August 19 at Alumni Hall Fitness Center, 9700 Wade Blvd. from 8:00am – 3:00pm. Tickets may also be purchased at www.sportspilot.com beginning August 19, with Visa or MasterCard only. Any remaining tickets will be sold during regular business hours at Alumni Hall Fitness Center.

Innovative Images will be onsite to commemorate your special night with professional portraits. Portraits are \$20 (CASH or CHECK ONLY) and include two 5x7 prints and eight wallets.



SANTA SKATE

Bring the family AND ENJOY A NIGHT OF ICE SKATING WITH Santa CLAUS and friends!

Date: Saturday, December 9

Time: 6:30 – 9:00 pm

Location: Dr Pepper StarCenter
2601 Avenue of the Stars

Tickets: Includes hot dog, chips, drink,
skate rental
\$25 per family (limit 5)
\$7 individual Tickets



Tickets go on sale October 9
at Alumni Hall Fitness Center and
Online at www.sportspilot.com

**Tickets are limited
and will NOT BE SOLD AT THE DOOR!**

For more information,
please call 972-377-1752



6TH ANNUAL GINGERBREAD HOUSE CONTEST



The holiday season is a time for baking! Join your friends and family in the kitchen and share holiday memories as you begin a new tradition! Santa himself will join a panel of judges who will award prizes to the winners in each category!

ALL ENTRANTS MUST PRE-REGISTER

Registrations will be accepted on a first come, first-serve basis. Beginning on September 20, the rules and information packets, which include registration instructions, forms, and contest rules, will be available at the following locations: Alumni Hall Fitness Center, City Hall, Frisco Chamber of Commerce, Frisco Public Library, Senior Center at Frisco Square, and upon request from Ashley Blanchard, Special Events Programmer at ablanchard@friscotexas.gov. **ONLY 45 ENTRIES WILL BE ACCEPTED.**

• **Fee:** \$10.00

• **Categories include:**

Individual Children & Children's Groups:

• Ages 6 and under • Ages 7 to 10 • Ages 11 to 17

Individual adults and adult group categories:

• Individuals ages 18 and up
• Groups ages 18 and up
• Professional individuals
• Professional groups

• **Entries will be on display for viewing** at the Frisco Chamber of Commerce from November 28 through December 2.

Please see the Rules and Information Packet at FriscoFun.org beginning September 20.

For additional information call 972-335-5517.



REGISTRATION INFORMATION

Registration will remain open until all class/program spots have been filled or until the registration deadline dates have passed.

Walk-In Registration Starts

August 19, 8:00am – 3:00pm

Registration Ends (unless otherwise noted)

One (1) week prior to the class start date

Class registrations are handled on a 'first-come, first-serve' basis. Classes have limited enrollment and also have registration cut-off dates that are specific to each class. Fees must be paid in full at the time of registration. Cash, check or money orders are accepted.

Checks and money orders must be made payable to the City of Frisco with your driver's license number listed on the check.
Please do not send cash in the mail.

Two Easy Ways To Register:

Mail-In Registration:

Accepted for all programs

It's fast, it's less hassle and it's easier! All you need to do is complete the registration form and mail it to the address listed below with the appropriate class fees, and waiver form. Mail-In registrations will be processed as they are received. Mail-In Registrations received prior to the stated Walk-In registration date will be processed before the Walk-In registrations. Please allow plenty of time for mail delivery – we are not responsible for mail delays. **After your registration is processed you will receive a confirmation email or phone call. If you have not received confirmation within 48 hours of the class start date, please call 972-377-1752 to confirm your registration status.** If your first choice is full, you will be enrolled in the second option you listed based on availability. **Please send a separate check for each class/program registration.**

Mail To:

City of Frisco
Recreation Class Registration
6726 Walnut • Frisco, TX 75034

Walk-In Registration:

All Walk-In registrations will be conducted at Alumni Hall Fitness Center during hours of operation beginning August 19 unless otherwise noted.

Come In To:

Alumni Hall Fitness Center
9700 Wade Blvd. • Frisco, TX 75035

To make your registration process simple, please complete the appropriate registration form and fill out all requested fields. This will help ensure you are registered for the correct class. **Please list alternate choices in the event your first choice has reached its maximum.** A registration form can be found in this brochure and also on our website at www.FriscoFun.org. Click on Administration and then Registration.

Senior Classes & Programs:

Walk-In Registration for Senior Adult classes is conducted at the Senior Center at Frisco Square – not at Alumni Hall. Mail-In Registration is now available for Senior Adult Programs. Please mail registration form and payment to the Senior Center at 6670 Moore Street, Frisco, TX 75034.

Waiting Lists:

Due to instructor/participant ratios, each class and program will have a maximum number of spots available. Once the class maximum has been reached, subsequent registrants will be notified that the class is full and you will be placed on a waiting list. Should spots become available, program openings will be filled on a first-come, first-serve basis from registrants that appear on the waiting list.

Refund Policy:

To apply for a refund, customers must complete a "Refund Request Form". The guidelines for a refund are as follows:

1. Refund Request Forms must be submitted no later than five business days prior to the class start date to be eligible for any refund. Requests received with less than five business days will not be eligible for any refund.
2. Refunds and transfers will not be issued if your withdrawal from the program results in the total enrollment dropping below the minimum number of students required for the class to make.
3. Refunds requested after the class has started will be pro-rated.
(Medical reasons only)
4. One-day classes and programs were not eligible for refunds after the class has occurred.
5. All approved refunds given will be assessed a 20% processing fee.
6. Please allow four weeks for refund processing.
7. No cash refunds will be given.

Cancellations:

The Parks & Recreation Department reserves the right to cancel any class, program or activity due to weather, failure to meet minimum registration requirements, and situations beyond our control. In the event a class is cancelled, you will be notified and a refund will be issued.

Returned Check Policy:

A \$25.00 service charge will be assessed for any returned check.

The Frisco Parks and Recreation Department is committed to participants being 100% satisfied. If you are not satisfied with a program, refund request forms are available at the Alumni Hall Fitness Center reception desk or at the Senior Center at Frisco Square reception desk.

CUT ALONG DOTTED LINE

CUT ALONG DOTTED LINE



MAIL TO: CITY OF FRISCO
RECREATION CLASS REGISTRATION
6726 WALNUT • FRISCO, TX 75034

Last Name:		First Name:	Sex: M F
Street Address:		Zip:	
Date of Birth:	Age:	Email:	
Home Number:		Work/Cell Number:	
Emergency Contact Name & Number:			

Parent/Guardian Contact Information – Required if participant is under the age of 18

Name:	Phone Number:
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If you are registering for an Adult Athletic League, please complete the information below:

Team Name:	Manager's Name:
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Program Registration Information (please print)

			FOR OFFICE USE ONLY			CALL BACK	
PROGRAM CODE	PROGRAM NAME	FEE	Payment	Date	Emp. Int.	Date	Emp. Int.
1.							
2.							
3.							
4.							
5.							

For Learn to Swim customers, please use this space to select alternate choices in the event your first option is not available.

Option 2: _____ Option 3: _____

Notice: All Registrants/Parents/Guardians Must Sign Waiver
RELEASE AND MEDICAL AUTHORIZATION

I, on behalf of myself or the individual being registered (the "registrant"), agree to allow the registrant to participate in the aforementioned activity(ies) and authorize the City employees, volunteers, program directors and/or instructors as Agents for the undersigned to consent to Medical, Surgical, and/or Dental examination and/or any and all other Treatments deemed necessary by medical personnel. I agree pictures taken during program hours may be used for any purpose.

In consideration of the City of Frisco ("the City") allowing the registrant to participate in the above activity(ies) and other good and valuable consideration, the receipt of which is acknowledged, I, on behalf of myself, the registrant (whether myself of someone else), any other minor child or legally incapacitated person for whom I can execute this document, my heirs, assigns and any other person or entity claiming to have legal rights by and through me, release and agree to defend, indemnify, and hold harmless, the City and its employees, from all claims of and/or liability for personal injury, property damage or wrongful death, including, but not limited to, claims or liability due to the negligence, contributory negligence and/or strict products liability of the City and/or its employees resulting from, relating to, or arising out of participation in and/or transportation to or from activity(ies) sponsored or provided by the City, or use of any City facilities.

This is not a waiver of the City's immunity. I warrant that I am authorized to sign this release. I agree to indemnify and defend the City of Frisco if I am not authorized to sign and legally bind the registrant or if the person named herein attempts to rescind this release. If any term of the release is deemed void or voidable, it shall not affect the enforceability of anything else in the release.



TICKETS ARE AVAILABLE
At all First National Bank Southwest
locations: In Frisco at 4500 Preston
Road or 9161 Teel Pkwy., and in Plano
at 1300 Preston Road



First National Bank Southwest

Proudly Presents

Frisco Storytelling Festival

Become part of the Story! October 20 & 21, 2006

Featuring six award winning performers from across the nation!

♥ "Favorite Stories" Friday night at 8pm

♥ "Laughing Night" Saturday night at 8pm

♥ "Bedtime Stories" Saturday evening at 6pm for the very young and young at heart.

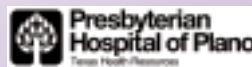
Saturday Daytime events include story concerts, puppet shows, music, and arts & crafts demonstrations

For information & tickets call (972) 292-5669
or visit us at www.friscofest.org

THIS IS AN EVENT YOU AND YOUR FAMILY DO NOT WANT TO MISS!



Frisco Association
for the arts



FRIENDS
OF THE FRISCO
PUBLIC LIBRARY



Look for your map of the
new Frisco Public Library in
the October issue of Frisco
STYLE Magazine.

16th Annual Merry Main Street

Date: Saturday, December 2, 2006

BRING YOUR FAMILY and CELEBRATE THE HOLIDAY SEASON!



❄ Three stages of Entertainment

❄ Kid's Holiday Store

❄ Holiday Train Rides

❄ Live Reindeer

❄ Santa's Workshop with Arts and Crafts

❄ Special Visitors from the North Pole

And much more!

Please visit FriscoFun.org for additional information!